



# SIPPIN' PRETTY

ROWDY BUT NEVER RUDE, CANUCKS SHOW THEIR SPIRIT AT A CANADIAN PUB IN LONDON.

FOR PHOTOGRAPHIC EVIDENCE, SEE THE GALLERY AT [METRONEWS.CA](http://METRONEWS.CA) STORY, PAGE 5

WINNIPEG

# metro

metronews.ca | [twitter.com/metrowinnipeg](https://twitter.com/metrowinnipeg) | [facebook.com/metrowinnipeg](https://facebook.com/metrowinnipeg)

Tuesday, August 7, 2012

News worth sharing.

FORD CHEVROLET DODGE GMC  
CHRYSLER KIA TOYOTA CADILLAC

**✓ NEED A CAR**  
**✓ NEED FINANCING**  
**✓ NEED A GREAT DEAL**

TRUCKS STARTING @ \$219 B/W CARS STARTING @ \$99 B/W  
SUV'S STARTING @ \$219 B/W

Apply online @ **AutoMallFinance.com** 1-877-796-0505

**NEW & USED**

**GUARANTEED APPROVAL ALL LEVELS OF CREDIT**

**100'S OF VEHICLES AT SALE PRICES!**

**IF YOU CALLED US YESTERDAY YOU WOULD BE DRIVING TODAY!**

**AUTO MALL FINANCE 1000-1717  
WAVERLEY ST. WINNIPEG, MB**

## Still on board



- Alexandre Despatie continues his comeback from a diving accident when he competes in the three-metre springboard final. Watch him today at 12:55 p.m. CT on CTV
- Three more Olympic best-bets PAGE 20

## Park's train ride owner steamed

Unexpected gate closure means big drop in business for longtime Steam Train ride operating inside Assiniboine Park PAGE 4

## Suspect white-supremist, group says

Alleged gunman in Sikh temple shooting spree described as 'neo-Nazi' by civil-rights group PAGE 6



# NO REFFIN' WAY!

Canada's captain Christine Sinclair celebrates after scoring her third goal against the United States during their semifinal women's soccer match at the 2012 London Summer Olympics, Monday. Unfortunately, Sinclair's hat trick was not enough to defeat the Americans after a series of controversial calls. See story on page 20. JON SUPER/THE ASSOCIATED PRESS



GIVING CANADA'S ATHLETES THE **VISION TO SUCCEED**

**LASIK MD**  **FREE Consultation 1-855-894-2020**

LASIK starting at **\$490/eye\*** • **LOWEST PRICE GUARANTEE** • [lasikmd.com/teamlasikmd](http://lasikmd.com/teamlasikmd)



#### WINNIPEG

AirSource  
212 Henderson Hwy.  
(204) 989-2954

AirSource  
1200 McPhillips St.  
(204) 989-2927

AirSource  
671 Pembina Hwy.  
(204) 925-1260

AirSource  
2599 Pembina Hwy.  
at Bison Dr.  
(204) 261-1234

AirSource  
University Centre  
University of Manitoba  
(204) 987-3444

AirSource  
Portage Place  
(204) 946-0721

AirSource  
2609 Portage Ave. at Moray  
(204) 954-2939

AirSource  
1500 Regent Ave. W  
(204) 988-3080

AirSource  
St. Vital Centre Kiosk  
(204) 989-2939

AirSource  
St. Vital Centre  
(204) 989-2940

SI Wireless Communications  
1132 Portage Ave.  
(204) 231-1600

SI Wireless Communications  
661 Corydon Ave.  
(204) 231-1650

SI Wireless Communications  
Winnipeg Square  
(204) 944-8070

Teleco  
Kenaston Common  
(Kenaston at McGillivray)  
(204) 947-9570

Teleco  
948 St. James St.  
(204) 831-1234

**SELKIRK**  
Nickel Communications  
3-344 Main St.  
(204) 482-9667

**STEINBACH**  
Nickel Communications  
Unit H - 197 Main St.  
(204) 326-4988

**WINKLER**  
Nickel Communications  
9 - 820 Triple E Blvd.  
(204) 325-4121

**BRANDON**  
Teleco  
Unit B3 - 11288 18th St.  
(204) 727-0100

**NEEPAWA**  
Neepawa True Value  
268 Hamilton St.  
(204) 476-2333

**STONEWALL**  
TMC Distribution  
325 Main St.  
(204) 467-2014

**PORTAGE LA PRAIRIE**  
Reimer Antenna Service  
1000 Saskatchewan Ave. W  
(204) 857-9001

**SWAN RIVER**  
Sears Swan River  
619 Main St.  
(204) 734-4541

**DAUPHIN**  
North of 51 Designs &  
Computers  
12 2nd Ave. NW  
(204) 638-7148

**THOMPSON**  
City Centre Mall  
(204) 677-3212

**THE PAS**  
Sound Innovations  
317 Fischer Ave.  
(204) 623-7171

**FLIN FLON**  
Sears Flin Flon  
35 Main St.  
(204) 687-7581



#### WINNIPEG

Kildonan Place  
(204) 667-8248

Garden City Shopping  
Centre  
(204) 339-8895

Polo Park  
(204) 774-2412

**BRANDON**  
Brandon Shoppers Mall  
(204) 571-6976

OFFER ENDS  
AUG. 8<sup>TH</sup>

# Now see what your phone can really do.

## THE NEW 6 GB SUPER PLAN



### What will you do with 6 GB?\*

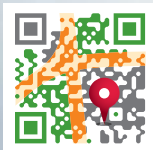
You could download 1,493 songs. You could send or receive 19,980 e-mails.

You could stream 100 hours of YouTube™ videos. You could update your status 1,148 times every day. Not that you would, but you could.

So, wherever you are and whenever you need it, with 6 GB a month there's practically no limit to what you can do.

**6 GB OF DATA | UNLIMITED CANADA-WIDE MY10<sup>1</sup> | UNLIMITED MESSAGING<sup>2</sup>  
UNLIMITED 6PM EVENINGS & WEEKENDS<sup>3</sup> | 200 WEEKDAY MINUTES<sup>4</sup>**

**\$60/mo<sup>±</sup>**  
Includes all monthly fees



Scan to find a store near you

## Hurry in and get the latest superphones with the new 6 GB Super Plan today.

[rogers.com/SuperPlan](http://rogers.com/SuperPlan)

CONNECT EXCITING+ NETWORK TALK SHARE RELIABLE ACCESS FREEDOM EXCITING+ NETWORK CHAT  
TALK FRIENDS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM EXCITING+ NETWORK CHAT  
CHAT ACCESS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM EXCITING+ NETWORK CHAT

Creating World-Leading  
Internet Experiences.



Offers available for a limited time and subject to change without notice. \*Estimates not cumulative and are estimates only, actual usage will vary. Usage subject to Rogers Terms of Service and Acceptable Use Policy, available at [rogers.com/terms](http://rogers.com/terms). Data usage is measured in kilobytes (kB) rounded to the next full kB in Canada and the U.S. and rounded to the next 20 kB elsewhere. Usage exceeding the data allotment provided is charged in \$10 increments (\$10/GB). U.S. data roaming is \$0.006/kB and International data roaming is \$0.03/kB. ±A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1 Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. A \$5 charge will apply for each update via customer care. 2 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. 3 Local calls evenings from 6 pm to 7 am Mon.-Fri. and weekends from 6 pm Fri. to 7 am Mon. excluding calls made through Call Forwarding, Video Calling or similar services. 4 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. TM & ©2012 Marvel Characters, Inc. ©2012 CPIL. All Rights Reserved. ©2012 Rogers Communications.

## Byelection. Tory leader set to knock on doors

Newly-acclaimed Tory Leader Brian Pallister said an upcoming byelection date is a "cynical" move by the Manitoba NDP government — but plans to campaign hard anyway.

On Friday, Premier Greg Selinger announced a byelection will be held on Sept. 4 in the provincial constituency of Fort Whyte in Winnipeg.

Pallister — who took over the reins of the Manitoba Progressive Conservative Party last weekend — said August is a month for families and believes a higher-voter turnout would have been achieved if the byelection date were later in September and not the day after the Labour Day long weekend.

"The timing is cynical, regardless of who you support," said Pallister.

"The issue is voter turnout."

Pallister said he does not live in Fort Whyte and plans to stay in Charleswood, but knows the area well.

"I'll be hitting every door personally," he said, adding that former Tory leader and Fort Whyte MLA Hugh McFadyen has told him about local issues, which he says he's ready to tackle.

The Fort Whyte seat has been vacant since McFadyen resigned on July 30.

Nominations in the constituency officially close on Aug. 20 and advance polls will be open from Aug. 25 to Sept. 1.

Voting in the byelection runs from 7 a.m. to 8 p.m. on Sept. 4.

At the Manitoba Legislature, there are currently 37 New Democrats, 18 Progressive Conservatives, one Liberal and a vacant seat.

BERNICE PONTANILLA/METRO

## Fatal blaze. Two dead after Winnipeg Beach house fire

Two women are dead and an 18-year-old man is in stable condition after a house fire in Winnipeg Beach on Sunday.

Gimli RCMP said the house was up in flames by the time they arrived at the home on Prospect Street at 6:30 a.m.

Ken Mosher managed to escape the fire along with the family pets.

Lisa Mosher, 21, of Winnipeg Beach and Alyssa Bernardin, 21, died in the fire.

There is no damage esti-

mate but the house is said to be a total loss.

Meanwhile, no one was hurt after a fire on College Avenue on Sunday night.

Winnipeg firefighters were called to the scene at about 11:30 p.m. where they found flames shooting out of the roof.

The fire was put out and damage estimated at about \$100,000.

The house was undergoing extensive renovations. Arson is suspected and the arson task force is investigating. METRO

## Warrant. Driver flees to Edmonton to avoid arrest

An Edmonton driver tried to hide in his hometown after he smashed a car into another one in Winnipeg, sending the car flying last month.

Winnipeg police said the driver of a rented GMC Acadia was speeding down Portage Avenue on July 15 — at times reaching more than 110 km/h — and slammed into a green Honda Accord stopped at a red light at Berry Street.

The Accord was flipped over onto its side and landed on the lawn of an apartment building on the south side of Portage Avenue.

First responders were on the scene immediately as the crash happened only footsteps from a fire-paramedic station.

The driver of the GMC Acadia, 21, and a 17-year-old male occupant suffered minor injuries. The driver of the Honda Accord, 42, was taken to hospital in serious but stable condition.

Police said the driver of the Acadia fled to Edmonton and a warrant was issued for his arrest. Abdirahman Mohammed Yarow, 21, faces charges including dangerous operation of a vehicle causing bodily harm.

ELISHA DACEY/METRO

# Debt-relief for doctors, nurses who work rural

**Incentive.** Officials hope new program will help improve rural health care

DAVE BAXTER  
winnipeg@metronews.ca

The federal government wants to make it more desirable for doctors and nurses to work in rural communities by taking some of the financial burden off those willing to do so.

The government announced Friday eligible family doctors, nurses and nurse practitioners who work in rural communities will have a portion of their Canada Student Loan forgiven starting in April of 2013.

Family doctors can receive up to \$8,000 per year and a maximum of \$40,000 over five years. Nurses and nurse practitioners can receive up to \$4,000 per year and a maximum of \$20,000 over five years.

Parliamentary Secretary Dr. Kellie Leitch said she believes attracting doctors and nurses

### Explanation

"We are looking at communities that are under 50,000 individuals, are not considered a metropolitan area and are not a capital city of a province."

Parliamentary Secretary Dr. Kellie Leitch, when explaining what counts as a rural community.

to rural communities is important because many of these communities are in need of improved health care.

"It's very concerning because Canadians want to have health care close to home but we need to be producing more physicians and nurses who would like to go to those rural communities," said Leitch.

The announcement is part of the government's Economic Action Plan. Eligible health-care professionals who began working in designated rural communities by April 1, 2012 are eligible to apply for the par-



Parliamentary Secretary Dr. Kellie Leitch talks to the media Friday about student-loan forgiveness for doctors and nurses. DAVE BAXTER/METRO

tial student-loan forgiveness.

To apply for loan forgiveness, family doctors and nurses must have worked for at least

one year in a designated rural community and have provided in-person service for a minimum of 400 hours.

1 NEWS

Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the world record in pole vaulting for his age group.

# LOBSTER & SEAFOOD

## FREE COMBO

GET A FREE BAG OF CHIPS AND A REGULAR FOUNTAIN DRINK WITH THE PURCHASE OF ANY SUB

Excludes Double Your Cheese Sandwich. Coupon must be presented when ordering. One coupon per customer only. Cannot be combined with any other offer. Taxes extra. Valid at participating Quiznos locations. No substitutions or cash value. Exp. August 31, 2012. 1200-1200

## Coupon clicking. U.S. app chooses Winnipeg for Canadian launch

A U.S.-based mobile coupon company has chosen the Manitoba capital as its first Canadian launch market — and deal-seeking Winnipeggers are sure to reap the benefits.

MyTMC, which stands for My Today's Mobile Coupon, is a free smartphone app that allows local businesses to make exclusive offers to subscribers.

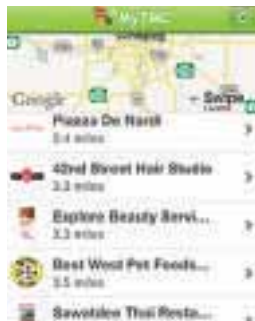
What sets this app apart from other is that it's "geo-targeted," which means it takes into account where the subscriber is located and shows the person the deals available in the immediate vicinity.

Barrett Fraser, general manager for MyTMC, said the app is good way for businesses of all sizes to advertise.

"I am a Winnipegger and I understand value just like any other Winnipegger," said Fraser, adding that the company officially launched in the city on July 3 and has been pleased with the initial response. "We're seeing a tremendous amount of traction."

Current businesses advertising on MyTMC run the gamut from restaurants to pet stores, and salons to fitness instructors. Among the big names to have joined are Best West Pet Foods, Muscles By Meyers, Piazza Di Nardi and Berns and Black.

"We quickly discovered the



The MyTMC app has arrived in Winnipeg. PHOTO COURTESY OF MYTMC

consumer here loves a great deal," said Fraser, adding the difference between MyTMC and other mass coupon groups is that the deals on MyTMC last longer, not just a few hours.

"It's about long-term deals for customers."

Another feature gives the subscriber the option to allow "push notifications," giving businesses the chance to send notices about big sales or openings of brand new locations.

"The trends of the consumer are definitely geared to their smart phone features," he added. "MyTMC has perfected the best way to engage the consumer's buying habits."

BERNICE PONTANILLA/METRO

## WAG's 1st Fringe. Venue signs on for another year

The Winnipeg Art Gallery (WAG) is so happy with the response in their first year as a venue for the Winnipeg Fringe Festival, that they have already signed on to be a venue again next year.

WAG attracted an audience of 7,692 during the 2012 Fringe.

"We are told that this is a very good attendance for a main venue," says WAG executive director Stephen Borys. "It was exciting to see a steady stream

of people coming through the doors, people mingling in our foyer, having a latte at our new Relax coffee bar."

WAG also saw increased overall attendance as a result of the Fringe Festival.

"We were happy to see that Fringers were taking advantage of being at the gallery to visit our exhibitions."

The 2012 Winnipeg Fringe Festival ran July 18-29.

DAVE BAXTER/FOR METRO



## Suspect sought after car crashes into restaurant

Clean-up begins after a car smashed into Pop Soda's on Sunday at about 3 a.m. Winnipeg police are searching for a silver car they say ran a Mazda off the road and into the building, injuring the five people inside the car. There was no one in the restaurant at the time. HOWARD WONG/METRO WINNIPEG

# Steam train business back on track for now

## Assiniboine Park. Owner still worried about long-term survival of his business

DAVE BAXTER  
winnipeg@metronews.ca

The owner of the Assiniboine Park Steam Train admits media attention in early July has helped his business, but he is still not sure if he can survive long-term.

The Assiniboine Park's east

gate was closed in the spring and Tim Buzunis says his business dropped so much that he only had 30-40 people riding the train per day. He went to the media to tell his side of the story and business spiked quickly.

"Since the media blitz my business has picked up," said Buzunis. "It's back to normal right now but I really don't know how long it will last and I can't keep going to the media."

Buzunis' main source of frustration is that he was never told by the Assiniboine

### Considering a move

Buzunis said he will make no long-term commitment to stay in the park.

- "I really don't want to leave. I love this park but if we go back to 30 people a day I will have to consider relocating to the States."

Park Conservancy that the gate would be closing.

"They never once asked me

what I think. It's ultimately their decision, but you would think they would at least consult with a business that has been in the park for 48 years."

Assiniboine Park will put up signs to help guide park guests to the train, but Buzunis does not believe it will help.

"Kids don't read signs. Kids are visual. A sign means nothing to a kid so if they can't see the train they aren't going to care."

The Assiniboine Park train runs from noon to 6 p.m. every day, and costs \$2.75 per ride.

Eyeteck  
**LASIK+**  
clinic

**BOOK YOUR FREE  
CONSULTATION TODAY!**

**204-946-5595**

**250 Portage Ave.**

**Winnipeg**



**Price Match Guarantee**  
**We will match any competitor's price**  
**Plus give you a \$500 Coupon**  
redeemable for goods & services at Eyeteck Lasik Clinic  
(Thermage, Fraxel, IPL Hair Removal, designer sun glasses & more).  
Some restrictions apply.

**"Better technology  
for better vision"**





From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

# Red, white and brews at London's Maple Leaf pub

**Waving the flag.**  
Canada-themed bar in Olympic host city draws patriotic fans

**LAURA FORTEY**  
For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's 'pub correspondent' Laura Fortey. For more photos of the Maple Leaf pub, go to [metronews.ca/olympics](http://metronews.ca/olympics). METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 games in Calgary when I was 12 and I

was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford, Ont., said he loves that he's in London with fellow Canucks,

drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

## Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear, Canadian flags hang from the ceiling and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada vs. U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

### Taste of home

## Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian food store that is popular with expats looking for a taste of home. The shop started as an Australian food shop and over the years added South African, New Zealand and Canadian items to its stock.

**Kraft Dinner sells for \$2.65 at the Canada Shop.** LAURA FORTEY/FOR METRO

"Sometimes I go to the Canadian food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week Canadians have been rushing in here last minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343g): \$17.55
- Lay's chips (40g): \$2
- Cleary's Maple Syrup (250mL): \$12.70
- Cans of Molson Canadian: 1-\$3 6-\$16.40 24-\$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

# Shooting suspect was white supremacist: Rights group

**Tragedy.** Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

## Quoted

**"To see our community to go through something like this is numbing."**

Gurpreet Kaur, 24

The gunman who killed six people at a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and

opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

"We never thought this could happen to our community," said Devendar Nagra, 48, whose sister escaped injury by hiding as the gunman fired in the temple's kitchen. "We never did anything wrong to anyone."

The New York-based Sikh Coalition has reported more than 700 incidents in the U.S. since the Sept. 11, 2001, terrorist attacks, which advocates blame on anti-Islamic sentiment. Sikhs are not Muslims, but their long beards and turbans often cause them to be mistaken for Muslims, advocates say.



People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis. Inset: Wade Michael Page. MAIN: DARREN HAUCC/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

President Barack Obama told reporters Monday that Americans would "recoil" at the violence if ethnicity were a factor. "We are all one people and we look after one another," he said.

The Wisconsin shooting

came just two weeks after a gunman killed 12 people at a movie theatre in Colorado.

Gun violence occurs with "too much regularity," Obama said.

Obama pledged to "examine additional ways to reduce

violence" but stopped short of calling for new gun-control laws, a highly divisive topic in the U.S.

Page was a "frustrated neo-Nazi" who led a racist white supremacist band, the Southern Poverty Law Center said

Monday. Mark Potok, a senior fellow at the civil rights organization, said Page had been on the white power music scene for more than a decade, playing in bands known as Definite Hate and End Apathy.

THE ASSOCIATED PRESS

## Syria. More signs regime 'crumbling' as PM defects

Syria's prime minister defected on Monday, evidence that the widening cracks in President Bashar's Assad's regime have reached the highest echelons of government.

Riad Hijab — who planned the break for months, according to an aide — is the highest-level political figure to switch sides and is certain to encourage rebels after a string of military and diplomatic figures abandoned the regime. A Jordanian official and a rebel spokesman said he fled to Jordan. A senior

## Quoted

**"The prime minister defected from the regime of killing, maiming and terrorism. He considers himself a soldier in the revolution."**

Mohammad Otari, Riad Hijab's spokesman.

U.S. official said the defection is more evidence that the Assad regime "is crumbling."

THE ASSOCIATED PRESS

## CSIS weighs torture issues

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

Internal Canadian Security Intelligence Service memos reveal the key role that the recently formed Information Sharing Evaluation Committee plays in determining if the spy agency makes use of the suspect material.

The committee — whose existence was previously unknown outside the intelligence service — also helps CSIS decide whether to send

information to foreign agencies in cases where it might lead to mistreatment.

Detailed instructions direct committee members to comb through databases, consult human rights reports and weigh the particular circumstances of each case to arrive at a decision.

Ultimately, CSIS director Dick Fadden makes the final call when the committee decides information is likely derived from torture, or if sending Canadian material to an allied agency could result in someone being abused.

The instructions issued by

Michel Coulombe, CSIS deputy director of operations, put flesh on the bones of a July 2011 directive on information handling to the spy service from Public Safety Minister Vic Toews.

The government directive outlined conditions for deciding whether to share information when there is a "substantial risk" that doing so might result in someone in custody being abused.

It also said protection of life and property are the chief considerations when deciding on the use of information that may have been extracted

## Help torture thrive?

Opposition MPs and civil liberties advocates condemned the directive, saying it would help torture flourish in grim prison cells around the world.

- Amnesty International Canada said the policy was in direct contravention of Canada's international obligations to prevent brutalization of prisoners.

through torture.

THE CANADIAN PRESS

## Russia

### Anti-Putin punks say judge is biased

Feminist Russian punk-band members facing hooliganism charges for performing a "punk prayer" against President Vladimir Putin in Moscow's main cathedral complain that the judge isn't giving them a fair hearing. THE ASSOCIATED PRESS



Pussy Riot member Nadezhda Tolokonnikova, right. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

## Mexico

### Kissing arrest leads to kissing protests

The arrest of a man after a woman objected to him kissing his female companion in public has prompted a "kiss-in" protest in the conservative city of Leon in Mexico. THE ASSOCIATED PRESS

## Kenya

### Killing motivated by embassy power struggle: Cops

Kenyan authorities on Monday charged the first secretary of Venezuela's embassy with the murder of that country's acting ambassador to Kenya in what police believe was a

killing motivated by a battle over embassy leadership.

Dwight Sagaray was charged in court with the murder of acting Venezuelan Ambassador Olga Fonseca. He pleaded not guilty.

Prosecutor Tabitha Ouya also charged Mohamed Ahmed Mohamed Hassan, Sagaray's friend and an alleged co-conspirator who has gone into hiding, with Fonseca's murder. THE ASSOCIATED PRESS

## New Zealand

### Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing some nearby residents to evacuate their homes. Some domestic flights were cancelled. THE ASSOCIATED PRESS

## Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that

### Quoted

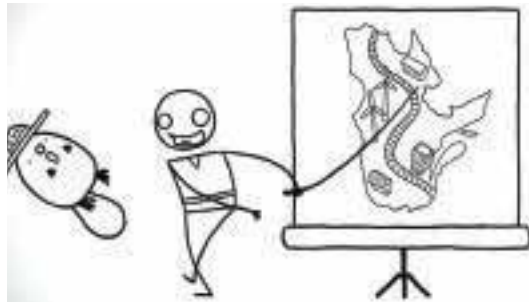
**"The Quebec solidaire program is very clear on the fact that it's independentist."**

Sound bite from new advertisement

the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

THE CANADIAN PRESS



A stick figure kicks a stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HO

### Olympic distraction

## Bottle-thrower no longer welcome

An Olympic spectator accused of hurling a bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

District Judge Angus Hamilton banned Ashley

Gill-Webb, 34, of Leeds in northern England, from any Olympic venue and the entire Olympic Park for the duration of the Games.

Gill-Webb's actions enraged Dutch judo bronze-medal winner Edith Bosch, who intervened after the bottle was thrown.

Police said Gill-Webb is alleged to have also shouted abuse before hurling the bottle. THE ASSOCIATED PRESS

# Scientists get glimpse of Mars rover images

**Touchdown.** NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first glimpses of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space indicated Curiosity had survived the plunge.



Telecom engineer Peter Llott, centre, hugs a colleague to celebrate the successful landing of NASA's Mars Science Laboratory Curiosity rover inside the Spaceflight Operations Facility at the Jet Propulsion Laboratory in Pasadena, Calif., Sunday. BRIAN VAN DER BRUG/POOL/THE ASSOCIATED PRESS

### Roaming the red planet

## Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer important questions about our own planet.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration



One of the first images taken by NASA's Curiosity rover after it landed. NASA/GETTY IMAGES

projects Stéphane Desjardins said Monday.

Curiosity's built-in Ontario Alpha particle X-Ray Spectrometer, attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA



A scientist describes the first shots of Curiosity landing on Mars. Visit metronews.ca to watch the slideshow.



# Folklorama

## COMES TO PORTAGE PLACE

**August 2**  
**August 9**

**Noon - 1 pm**  
**Noon - 1 pm**

## Edmonton Court



## PORTAGE PLACE

\*Enter to win a pair of visa passes to all Folklorama Pavilions

# WagJag.com

## DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:



*Buy For:*  
**\$119**



\$119 FOR A 2,000 FT. ULTRALIGHT  
HANG GLIDING SKYRIDE  
EXPERIENCE FROM ADVENTURE AT  
ALTITUDE (A \$250 VALUE)

**Regular Price: \$250**

**You Save: \$131**

**Discount:**  
**52%**



\$14 FOR A PERSONALIZED STORYBOOK WITH  
PICTURES FROM FLATTEN ME (A \$28 VALUE)



\$35 FOR A STERLING SILVER NAME PLATE  
NECKLACE (VALUE CAN BE USED TOWARDS  
OTHER ITEMS ON THE SITE)  
FROM NAMEJEWELRYSPOT (A \$99 VALUE)



\$30 FOR \$100 TOWARDS ADULT PRODUCTS,  
COSTUMES, TOYS AND MORE FROM OH BEHAVE  
LOVE SHOP



## WagJag Golf

GOLF LIQUIDATORS: TWO OPTIONS

OPTION 1: \$25 FOR A MEN'S LEFT-HANDED PUTTER, HYBRID CLUB OR SAND WEDGE  
OPTION 2: \$27 FOR A LADIES LEFT- OR RIGHT-HANDED 3 WOOD

*Visit:* **WagJag.com**

Follow us on: facebook.com/wagjag  
@wagjagwinnipeg

Hurry to WagJag.com to purchase local deals before time runs out.



A drought-damaged ear of corn in Westfield, Ind., Wednesday. MICHAEL CONROY/THE ASSOCIATED PRESS

## Food prices could spike by 4% in 2013 due to U.S. drought: Economists

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients. The coffee-

### Next four months

# 3.5%

RBC economist Paul Ferley predicts that food costs will go up by as much as 3.5 per cent in 2012.

and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack

up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

Analysts also noted last week that food producers from bakery giant George Weston to pop and juice maker Cott Corp. could face higher costs on their key ingredients like flour and sugar. But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

THE CANADIAN PRESS

# Exotic-wood violation gives Gibson the blues

## Settlement.

Guitar maker pays penalty to tune of over \$600,000 US to avoid criminal prosecution

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson didn't immediately respond to a request on Monday for comment.

## Busted

**"The problem is that virtually every instrument prior to 1970 contains Brazilian rosewood."**

George Gruhn, who owns a vintage guitar shop in Nashville, on the endangered wood Gibson Guitar used in its products.



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo. SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to co-operate with the federal Lacey Act banning the import of endangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

Republicans and tea party members had rallied behind CEO Henry Juskiewicz at

the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

## Safety regulation

### Don't drink and fly

Australia's air-safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol — exceeding the limit for pilots of 0.02 per cent. THE ASSOCIATED PRESS

## Electronics retailer

### Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all the shares he doesn't already own.

THE ASSOCIATED PRESS

## Helium shortage. Medical research up in the air

### Raising concerns

For research, helium is dispensed into the lungs and tracked on a monitor, allowing researchers to directly measure the impact of different treatments for the first time. They have tested other gases, but none work as effectively as helium, which isn't harmful when inhaled.

A dwindling supply of helium worldwide is putting more than the future of party balloons in jeopardy.

The precious, non-renewable gas has important applications related to manufacturing, scientific research and medical care — including cutting-edge research on respiratory illness at an Ontario laboratory.

As the shortage grows, the rising cost has put that research into question.

"It's made it difficult to do the research because it's extremely expensive," said Grace Parraga, a professor and researcher at the Roberts Research Institute at the University of Western Ontario.

Even at a discounted price for scientific research, she said her laboratory pays \$795 per litre. That's up from \$300 not so long ago.

THE CANADIAN PRESS





Think you're paying too much  
for your home phone line?

*You are!*



Limited Time Offer:  
**6 Months  
FREE**

**Which plan is the right one for you?**

### Unlimited Local



- Unlimited local calls
- Over 14 FREE features including Free Voicemail, Free caller ID and more

**\$14.95**  
/month

### Unlimited Canada



- Unlimited Canada-wide long distance
- Over 14 FREE features

**\$19.95**  
/month

### Unlimited Global



- Unlimited long distance to almost 60 countries, including India & Pakistan
- Over 14 FREE features

**\$29.95**  
/month



**Ranked #1**  
Home Phone Service  
*Consumer Choice Award*

**1-866-518-0237**

[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Our Unlimited Long Distance is based on a 17% factor and includes a 10 Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service and fee within the Satisfaction Guarantee Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30-day, you will receive an additional 3 months free for a total of 6 months free. HOME PHONE LINE: VAIL #11 has certain limitations versus traditional P11. All featured Plans do not include calls to the U.S., Mexico, Puerto Rico, Alaska and Hawaii. Additional usage is governed by our Fair Usage policy to prevent abuse available at [www.comwave.net/terms](http://www.comwave.net/terms).

# LIVE FROM LONDON: KEEP CALM AND LINE UP



**SHE SAYS...**  
Jessica Napier  
metronews.ca/voices/  
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

## Medal-worthy travelling

**"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."**

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

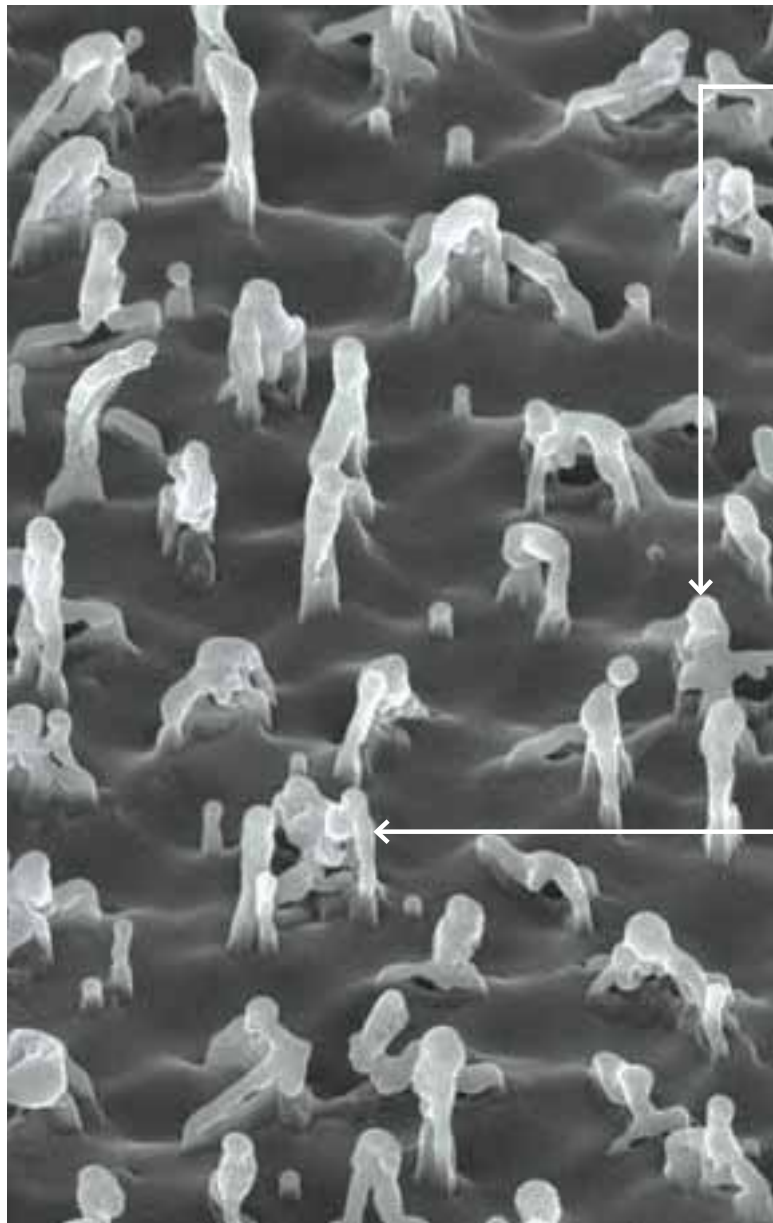
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on  
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.  
DAN KITWOOD/GETTY IMAGES

# 'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

## Electric orgy?

## Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

## Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

## Nudist colony

## What the image actually depicts

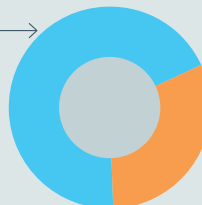
The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

## Is your data safe in the cloud?

**69%**  
NO. I DON'T TRUST  
SOCIAL CLOUD-  
COMPUTING SITES.  
I TRY TO GIVE AS  
LITTLE DATA AS  
POSSIBLE



**31%**  
YES. I FEEL  
SAFE GIVING  
FACEBOOK,  
GOOGLE+  
AND  
LINKEDIN MY  
PERSONAL  
DATA

## Twitter

@Anne12345678901: .....

The little boy wearing a full batman costume to the airport is easily the best thing I've seen in Winnipeg so far

@LisaDee11: .....

Another beautiful day in Winnipeg. This has been a gorgeous summer. I hear the UK is getting all of our crappy weather. Thanks, Brits!

@Skinartia: .....

If you're in Winnipeg, I highly recommend you check out St. Norbert

Arts Centre. It's so tranquil & beautiful and they sell herbs/produce.

@TypeACubed: .....

Hello Winnipeg, I've missed you, my bed, the spousal unit, and being able to cook and eat home food. #BBQTonight

@evpaterson: .....

#UFO sightings have been on the rise in #Winnipeg over the last two years. The use of hallucinogens and alcohol are on the rise too. #aliens

**DVD reviews**

**Dr. Seuss' The Lorax**

**Directors.** Chris Renaud, Kyle Balda

**Stars.** Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of *The Lorax*, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The *Lorax* presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

**Marley**

**Director.** Kevin Macdonald

**Stars.** Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (*One Day in September*) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses. PETER HOWELL



David Krumholtz and Michael Urie star in the TV series *Partners*, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

# 'It's like there should be a show about it!'

**Laughing at real life.**  
New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' *Partners* explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is in-

spired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit *Will & Grace*.

There's no attempt to hide the lineage of Fox's *Ben & Kate*. It's the tale of a freewheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's *How to Live with Your Parents for the Rest of Your Life* finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia

Lonow, who well into adulthood and despite career success, including producing the sitcom *Less than Perfect*, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather would," Lonow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And

then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. *I Love Lucy*, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for *Ben and Kate* since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. 'He usually has a totally bizarre logic to all of his behaviour.'"

THE ASSOCIATED PRESS

# 2 SCENE

On the web



Wildlife fan Betty White loved *The Lorax*'s environmental message

## STEWART'S HOROLOGY

FORMERLY SEARS WATCH REPAIRS

Quality Restorations and Repairs to all Fine Timepieces and Jewellery.

**2ND LOCATION NOW OPEN**  
IN THE DOWNTOWN WINNIPEG CONCOURSE. 942-1955

Ph/fax: (204) 789-9620 • [stewbnz1@mts.net](mailto:stewbnz1@mts.net) •  
2741 Portage Ave • [stewartshorology.com](http://stewartshorology.com)  
(on the corner of Portage and Booth dr.)



COME SEE US FOR ALL YOUR REPAIR NEEDS



## Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of



Prince William

he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

### Twitter



@wossy

Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.



@jessicaalba

Got to get showered dressed & out the door family in tow in 20 min - GO!



@TheRealRoseanne

i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!



@AlbertBrooks

To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Fighting words from Elton John

### THE WORD

Monica Weymouth  
scene@metronews.ca



We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.



Macauley Culkin

## Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macauley Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right

around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macauley Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macauley Culkin's iPod, a monthly party he hosts at a bar in New York City.

GO ON, REWARD YOURSELF  
\$10 TO SPEND  
NOW  
ON YOUR FIRST \$25 PURCHASE

Together with you, we are building Canada's largest online store. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, [www.SHOP.CA](http://www.SHOP.CA) has something for everyone.



SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact [supplier@shop.ca](mailto:supplier@shop.ca) | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at SHOP.CA



You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

# Intense training can keep that summer sagging away

**30 minutes every day.** You don't need to put in big workouts to keep in shape in the summer but you do need consistency

**CELIA MILNE**  
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

## Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)

- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.

- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

## Best Health

### Know your family tree of health



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to

best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

#### Tip #1:

Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

#### Tip #2:

Write down any major illness you have had, and list your lifestyle habits — healthy or not.

#### Tip #3:



Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they

don't really want to have the conversation — persevere. If your parents are no longer

alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

#### Tip #4:

Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS**

# 3 LIFE

## On the Web



Study describes genetic events that lead to malignant childhood brain cancers



# ARKADASH

BISTRO + LOUNGE



Our Winnipeg restaurant specializes in Moroccan, Turkish, Italian and French regional cuisine. Arkadash infuses sustainable Manitoban ingredients with authentic Mediterranean recipes. Join us in our new, sleek and sumptuous dining room and lounge.

## NOW OPEN

for lunch, dinner, or late night cocktail and deserts!

Everything is made in house with fresh, local ingredients.

Full catering menu now available online. Follow us on twitter or visit our website and Facebook page to stay updated on our daily lunch, dinner, and drink features.



PLEASE CALL FOR RESERVATIONS

**204-504-2155**

SUNDAY CLOSED, MON - THURS 11:30 AM TO 12 AM, FRI - SAT 11:30 AM TO 2 AM

**268 PORTAGE AVENUE**

[arkadashbistroandlounge.com](http://arkadashbistroandlounge.com)

@Ark\_a\_dash



# A RENAISSANCE IS HAPPENING



There is a renaissance happening on Portage Avenue, with new shops, new places to live, and, best of all, new places to eat. That's where you will find Arkadash Bistro + Lounge, Winnipeg's only restaurant specializing in Turkish, Moroccan, Italian, and French regional cuisine.

"Ours is the kind of restaurant customers expect to find in Toronto or Vancouver — they tell me that all the time," says Kelvin Peters, Arkadash's general manager. "But the truth is, we Winnipeggers sell ourselves short. We can have nice things, too, like great restaurants, open late, serving exotic dishes made with fresh ingredients."

Every dish served at Arkadash is made from ingredients produced locally. That means you will be sampling Manitoba lamb, beef, elk, fish, bison, produce, dairy products, and honey, all of them grown by Manitobans themselves. You can find a list of these producers on the restaurant's website.

In operation for about three months now, Arkadash is already generating a lot of buzz, especially online. "Swanky, modern decor that's comfortable," wrote "winnipeg\_foodie" on the popular restaurant review site Urbanspoon. "One of my faves! A must for drinks and apps."

"JennJustJenn" concurred. "Such a stylish interior," she wrote. "The passion in the kitchen is obvious, from the authentic Middle Eastern items to the desserts and breads made in-house. Great addition to downtown — don't miss it!"

And from Stefano Grande, executive director of the Downtown Win-

## NEED TO KNOW

Arkadash Bistro + Lounge offers daily features for both lunch and dinner. To learn more about the restaurant, along with latest menu features, recipes, special giveaways, and events, follow Arkadash on Twitter at @Ark\_a\_dash, or "like" the restaurant's Facebook page (Arkadash Bistro and Lounge).

Arkadash is located at 268 Portage Ave., just one block east of the MTS Centre. To make a reservation, phone 204-504-2155. You can also reserve through [arkadashbistroandlounge.com](http://arkadashbistroandlounge.com) or Urbanspoon.

nipeg Business Improvement Zone (BIZ), who tweeted: "Lessons to be learned on how to start up a business the right way in our downtown ... Uniqueness and great design!"

Arkadash's lounge is open late, making it ideal for a late-night cocktail or dessert. And the restaurant's distinctive dishes can also come to you. Arkadash's catering menu is proving popular among those looking to make a splash at business, personal, and celebratory events. Professional kitchen staff can adapt to meet the needs of any crowd, at almost any kind of venue.

The verdict is in: Arkadash is a hit. And downtown Winnipeg is tastier for it.

# Lasagna gets all rolled up



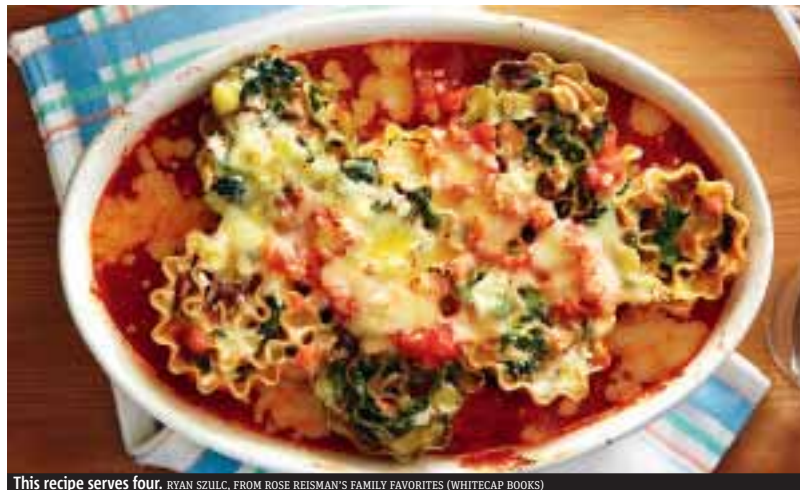
**ROSE REISMAN**  
for more, visit  
rosereisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

## Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

## Health Solutions

### Four steps to theme park food survival



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

Theme park season is upon us and in just one carefree day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

#### 1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

#### 2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

#### 3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

#### 4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM.

## Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

## Mushroom and Cheese Toasties. These bites take 15 minutes to make



1. Heat the oil in a large frying pan, add the mushrooms and cook over a high heat for 4-5 minutes or until the mushrooms are golden brown. Remove from the heat and season to taste with salt and pepper.

2. Preheat the grill. Place the muffins, cut side up, on the grill rack and toast on both

sides. Place cut side up and spread some of the tomato chutney on each muffin. Top with the mushrooms and a sprinkling of cheese.

3. Cook the muffins under the hot grill for 1-2 minutes until golden brown and the cheese is bubbling. Serve hot.

NEWS CANADA/ MUSHROOMS.CA

## Ingredients

- 1 tbsp vegetable oil
- 250 g closed cup mushrooms, sliced
- Salt and freshly ground black pepper
- 2 wholemeal muffins, split
- 4 heaped tsp tomato chutney
- 50 g mature cheddar cheese, grated

# Walrus Tusks: Evolution in afternoon snacking

Getting your little ones to eat and enjoy mushrooms can be harder than it sounds. With this fabulous burrito style treat, your kids will be asking for "more mushrooms, please".

1. On cutting board stack 2 mushrooms slices one on top of the other; with sharp knife slice crosswise into narrow short strips; repeat with remaining mushrooms; set aside. With sharp knife cut onion in half on cutting board, place flat side down and cut in both directions to coarsely chop.

2. Add 1 tbsp (15 ml) oil to skillet and place on burner; turn to medium high heat. Add ground chicken and with large spoon stir while cooking (about 3 minutes) to break up into small pieces. Stir in onion and mushrooms; crush garlic into pan and continue cooking and stirring until lightly browned, about 5 minutes. Stir in beans with sauce, tomato sauce, 1 tbsp (15 ml) chili powder, and cumin.

3. Lower heat to medium-low and cook stirring occasionally 8 - 10 minutes or until very thick. Taste and add more chili powder if desired. Set aside.



This recipe serves six. NEWS CANADA

4. Preheat oven to 400 F (220 C). On cutting board cut cheese into 30 cubes.

5. Lay tortillas on counter; spoon 1/2 cup (125 ml) filling on to the bottom third of each tortilla, leaving a 1-inch (2.5 cm) border; arrange 5 cubes of cheese on top each one. Fold the bottom of tortilla over filling and fold the sides in to seal

filling. Roll up tightly from bottom to enclose completely.

6. Using pastry brush lightly coat baking pan with 1 tsp (5 ml) oil and place rolled tortillas, seam side down on the pan. Brush remaining oil on tops and sides of filled tortillas.

7. Place baking pan in middle of oven; bake for about 15 min-

utes or until lightly browned on the bottom. If desired turn on broiler for 2-3 minutes to crisp and brown the tops.

8. Cool 4-5 minutes; mix sour cream and salsa in small serving dish. Using serrated knife cut tortilla rolls in half diagonally. Serve with dipping sauce.

NEWS CANADA

## Ingredients

- 8 oz (250 g) pre-sliced fresh mushrooms
- 1 medium onion
- 2 tbsp (25 ml) olive oil
- 8 oz (250 g) lean ground chicken
- 1 clove garlic
- 1 can (7.5 oz/213 ml) tomato sauce
- 1 can (14 oz/398 ml) beans in tomato sauce
- 1-1/2 tbsp (15-22 ml) chili powder
- 1/2 tsp (2 ml) cumin powder
- 6 large tortillas
- 1/2 (200 g) block cheddar cheese
- **Dipping Sauce**
- 1/2 cup (125 ml) low fat sour cream
- 1/2 cup (125 ml) salsa

## Teaching new skills

**A finishing school in 2012?**

**CHARLES THE BUTLER**  
askcharliesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

Concluding my ocean crossing last week, I had the pleasure and honour of visiting a business colleague Madame Viviane Neri in Montreux, Switzerland.

Now Madame Neri owns one of the world's most

famous and well-respected ladies finishing schools. While we were touring the school, I asked Madame Neri what I perceived as an innocent but most relevant question on all of our minds. Why do women need to go to a ladies finishing school in the year 2012?

Well foolish me for asking the question, because I certainly got a bit of a well-deserved earful.

We ignorantly think of ladies finishing schools as something antiquated, where ladies are taught how to dress and be a "per-

fect hostess" in a world where the man works and the lady stays home and lives and breathes to make her home the best.

But finishing school in 2012 has nothing to do with ladies who lunch. It is focused on training women to become professionals at international business.

It may seem silly to some, but understanding cross-cultural communication and being able to use these to your advantage in business gives you a distinctive advantage.

A woman like Queen

Elizabeth II, for example, conducts international public relations, events and ceremonies on behalf of the government, but in her case she was taught these skills at home.

Today, the modern woman goes to this type of school to learn these vital skills.

During the six-week program students learn correct international table manners, table setting, correct and appropriate conversation and how to position this knowledge to their strict advantage.

This school is so tough it has 45 exams during the six weeks in order to graduate with a diploma.

Remember, many business deals occur in places other than a boardroom, and this is where the Institut Villa Pierrefeu has a distinct advantage as the oldest finishing school.

So who is the typical student?

Well, interestingly enough, women attend the school from North America, the Middle East and Asia, making it truly a global program. Every-

one from the middle class, all the way up the social ladder to royal family members make up today's typical classroom.

I would be remiss if I did not mention that the head instructor at this school is Mrs. Rosemary McCullum, a born and raised Canadian.

When I found this out, I was once again reminded of one of the many reasons I am so proud to be a Canadian — the Swiss have imported a fellow Canuck to teach international manners to the world.

# Teens schooled on ending their relationships in a healthy way

**Avoiding potential violence.** Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

"You don't think about when you see two people walking down the hall, 'Are they in a bad relationship or is it good?'" the 17-year-old Waltham High School senior said. But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the \$18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending



When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted

pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

"In popular media, cheating is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10

per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced

some kind of partner violence when they were between 11 and 17 years old. Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way

to break up with a significant other.

"The world knows before you do," said Cassie Desrochers, 17, another Waltham High senior.

"A relationship is personal. The whole world shouldn't know about it."

Other teens talked about breaking up by sending a text message, or being on the receiving end of one. They also spoke about fights they'd seen in their schools between students who were in competition for another student's affections, or felt jilted after a relationship ended badly.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship. They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

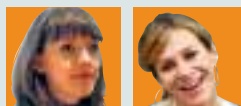
"Now I've got all the information," said West Roxbury High School sophomore Tyler Jones, who's training as a Start Strong peer leader. "I realize you've got to give your partner space. You don't need to be hugging up on them all day." **THE ASSOCIATED PRESS**

## Advice

**Love is always unpredictable**

**Dear sisters, I have been openly gay — a lesbian — for most of my life, but I have fallen in love with a man (and it's mutual). Nobody is more shocked than I am! The problem is that the places I go, the**

**friends I have and the neighbourhood I live in are all tied to my gay identity. The few friends I've confided in don't take this new love seriously and they seem to think I'll have my fun and come back to the flock, so I've stayed quiet — it feels like reverse discrimination! How do I reconcile my two worlds? Bi-love girl.**



**TWO SISTERS**  
Andrea and Claire  
Life@metronews.ca

Claire: Dear Bi-love, I wish I could be attracted to both men and women, it would

make my choices so much more interesting. But back to you. Congrats on this love (as long as he's not incarcerated). I would do this: Gather all your friends and invite them over for dinner (without him), and tell them what you have told us. These people love you and will drop kick anyone who doesn't respect what we all want most

in the end — love. And those who don't agree may appreciate having a chance to speak their voice. But don't hide. A good love is hard to find.

Andrea: Dear Bi-love, to cross that kind of line for someone takes a lot of courage and conviction. Your friends may be more concerned about losing the "old" you and hav-

ing to adapt, then about the relationship itself. The fact is, the gay community is a massive influence in your life, and that doesn't have to change: respecting the past while moving forward is the art of evolution. You don't have to pretend the rest of your life never happened or that this path doesn't really exist ... and neither do your friends.



The real estate market could come tumbling down. ISTOCK IMAGES

# Is the real estate market sagging? Adopt a strategy for an uncertain future

**Alison's Money Rule.** Saving, patience and sweat equity should spell success in housing market



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and specula-

tors piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

## 1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

## 2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate

## In numbers

# 3-5 years

The average length of a flat real estate market following a correction or crash.

investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

## 3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

# You've got high hopes to retire early, so pick it up



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one,

does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us. On the flip side, however, our generation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on. If you're budget is maxed, start small — I challenge you to save \$1 per day. I was holidaying in Victoria and Vancouver last week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had

become. Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly \$400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your \$1 per day.

Then grow your savings into something more substantial every few months. For example, \$1 per day might turn into \$5 per day if you start couponing for groceries, car-pooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP

## More Fun and Frugal

Follow Lesley on  
Twitter @LesleyScorgie



and TFSA. Regular automatic contributions will ensure you don't skip out on savings. Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results. Forming healthy savings habits early on will ensure you've got enough dough to retire on and support a desirable lifestyle; one defined and created by you.



Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES



Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

# Crowdfunding trend thrust into spotlight by Canadian campaigns

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than \$700,000, far surpassing Sidorov's original target of \$5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step

by avoiding charities, and gets money directly from a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account,

you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being raised for a single person who doesn't really need it or know what to do with it in a world where 700,000 dollars could save many lives," Wyman said.

THE CANADIAN PRESS

# Last-gasp goal by U.S. ends Canadians' dream of gold

## Womens' soccer.

Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heart-break once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free

## Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more than six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said. "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS



Canada forwards Christine Sinclair, left, and Melissa Tancredi can't hide their disappointment after losing 4-3 in extra time on Monday in the women's soccer semifinal against the U.S. in Manchester at the Olympic Games. FRANK GUNN/THE CANADIAN PRESS

## Tuesday's 3 to watch



### Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans. Time: 8 a.m. Channel: TSN

### Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games. Time: 10 a.m. Channel: TSN



### Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals. Time: 11 a.m. Channel: TSN THE CANADIAN PRESS/THE ASSOCIATED PRESS

## Track. Zelinka back on track in 100-metre hurdles

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylcia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after returning to competition.



Jessica Zelinka. THE CANADIAN PRESS FILE

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and tomorrow, keep it going even more,'" said Zelinka. THE CANADIAN PRESS

## Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

# Van Koeeverden sails through semis

**Kayak.** Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

It looks like all systems are go for Adam van Koeeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking



Adam van Koeeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. THE ASSOCIATED PRESS

## Quoted

**"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"**

Olympic kayaker Adam van Koeeverden

in the field, including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson,

a van Koeeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medalist in 2008 and gold medalist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeeverden. "I just want to race fast."

THE CANADIAN PRESS



## Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

## Day 10 results

### MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Total
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	1	3	6	10
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

### WHAT CANADA DID

Monday at the 2012 London Olympics

#### ATHLETICS

**Men's 800** — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

**Women's 100 hurdles** — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phyllicia George, Markham, Ont., finished second in her heat in 12.83.

**Women's 1500** — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerf, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 57.9 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

**Women's shot put** — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

**Women's 200** — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

**Women's 400 hurdles** — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

#### BOXING

**Women's 75kg** — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

**Men's 91+kg** — Simon Keon, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

#### CANOE-KAYAK

**Men's kayak singles 1,000** — Adam van Ko-

everden, Oakville, Ont., won his semifinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

**Men's canoe singles 1,000** — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

**Men's kayak doubles 1,000** — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

#### CYCLING

**Women's omnium** — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

#### EQUESTRIAN

**Team jumping** — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

**Individual jumping** — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

#### SAILING

**Women's laser radial** — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

**Men's laser** — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

**Men's 470** — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

**Men's 49er** — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

#### SYNCHRONIZED SWIMMING

**Duet** — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

#### DIVING

**Men's three-metre springboard** — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

#### SOCCER

**Women** — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

### SOCCER

#### WOMEN

##### SEMIFINALS

**Monday, Aug. 6**

**At Wembley, England**

Japan 2, France 1

**At Manchester, England**

United States 4, Canada 3, extra time

##### BRONZE MEDAL MATCH

**Thursday, Aug. 9**

**At Coventry, England**

France vs. Canada, 8 a.m.

##### GOLD MEDAL MATCH

**Thursday, Aug. 9**

**At Wembley, England**

Japan vs. United States, 2:45 p.m.

##### UNITED STATES 4, CANADA 3

Canada 1 2 0 0-3

United States 0 3 0 1-4

**First Half**—1, Canada, C.Sinclair, 22.

**Second Half**—2, United States, M.Rapinoe, 54.

3, Canada, C.Sinclair, 67, 4, United States, M.Rapinoe, 70, 5, Canada, C.Sinclair, 73, 6,

United States, A.Wambach, 80 (PK).

**First Extra Time**—None.

**Second Extra Time**—7, United States, A.Morgan, 120+3.

**Yellow Cards**—D.Scott, Canada, 60; M.Tancredi, Canada, 79.

**Red Cards**—None.

**Referee**—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Roic, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

### BASKETBALL

#### MEN

##### Group A

**Country** **W** **L** **Pts**

United States 5 0 10

France 4 1 9

Argentina 3 2 8

Lithuania 2 3 7

Nigeria 1 4 7

Tunisia 0 5 5

##### Group B

**Country** **W** **L** **Pts**

Russia 4 1 9

Brazil 4 1 9

Australia 3 2 8

Spain 3 2 8

Britain 1 4 6

China 0 5 5

**Monday, Aug. 6**

Australia 82, Russia 80

Lithuania 76, Tunisia 63

France 79, Nigeria 73

Britain 90, China 58

Brazil 88, Spain 82

United States 126, Argentina 97

## Doping

### Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer tested positive

for doping and has been removed from the team.

CONI president Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Schwazer had been due to defend his 2008 Olympic title in the 50-kilometre walk on Saturday. Schwazer won gold at the Beijing Games in an Olympic record time of 3 hours, 37 minutes, 9 seconds. THE ASSOCIATED PRESS



# Bolt pans 'weird' security measures

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight line?'"

The track star even had trouble bringing his skipping rope past security.

"They said I can't bring it

in, and I asked, 'Why?'" Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'"

"It's just some weird small rules that don't make any sense to me, personally."

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air-force personnel had to be drafted to plug the gaps left by the failure of private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different. Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it."

But there will be an investigation into Bolt's frustrations, which Coe initially tried to claim had been "lost in the translation."

"I will look at this," Coe said. "I am presuming the skipping rope was there as a warm-up aid, so I will, of course, look at that."

Coe pointed out the bureaucracy that baffled Bolt "didn't seem to slow him up too much." THE ASSOCIATED PRESS



Usain Bolt celebrates winning the men's 100-metre sprint Sunday in London. THE ASSOCIATED PRESS FILE

## Womens Soccer Jerseys

Reg. to \$35

**Now 50% off**

While stocks last, assorted colours



3 St. Annes Rd.  
254-2255

**SWEAT SHACK**

# Fehr closing in on counter proposal

**NHL.** Head of NHLPA has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining

agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each season drop from 57 to 43.

The league and union are

scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31. KATHY WILLENS/THE ASSOCIATED PRESS FILE

August 18, 2012  
at Springhill Winter Sports Park

## Dirty Donkey Mud Run

**LAST DAY  
TO REGISTER  
AUGUST 11TH**

*Whoever thought 5kms could be  
this Tough... this Fun... this DIRTY!!!*

*Come for an extreme mud run & insane  
obstacle course...  
Stay for the party & get "Down and Dirty"!*

*Race solo or as  
a team...  
(any size!!)*

*Contest for best  
costume...  
(anything  
goes!!)*

*Enjoy the Mud... Sweat...  
and Cheers!!  
(is there anything  
else?!!)*

**"It's One Big MUD Party!!"**

Visit [www.DirtyDonkeyRun.com](http://www.DirtyDonkeyRun.com) to register or call (204) 228-1138 for more info.

Sponsored by:

Wilderness Supply

Smith Carter

Swamp Donkey

McMillan & Tetreault

HOT103  
Winnipeg's #1 Hit Music Station

Springhill

MS

metr

## CFL. Swarming Lions defence drags Argos back down to .500 in Toronto

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside, to the dismay of the generously announced gathering of 22,841 on a brilliant summer evening with the Rogers Centre roof rolled back.

B.C. (4-2) came into the contest with the CFL's top-ranked defence, and showed why, intercepting Toronto's Ricky Ray three times, including Dante Marsh's pick



Argos quarterback Ricky Ray, left, is sacked by Lions defensive tackle Jabar Westerman on Monday.

CHRIS YOUNG/THE CANADIAN PRESS

with 2:03 remaining to cement the victory. Fittingly, an illegal block on the return put the Lions at their 11-yard line with 2:03 left but Harris ripped off a timely 33-yard run as the visitors were able to run out the clock.

Penalties were a factor, with both teams playing undisciplined football. In the first half, a Lions miscue wiped out a Byron Parker interception return TD that would've put B.C. ahead 17-0.

Toronto (3-3) lost for the first time in three games in a contest affectionately dubbed The Braley Bowl because Hamilton businessman David Braley owns both CFL clubs.

THE CANADIAN PRESS

### By the numbers

**14-15**

B.C. earned its second straight win and continued its dominance of Toronto. The Lions beat the Argos for the 14th time in 15 meetings and captured their seventh victory in their last eight trips to Rogers Centre.

### Major League Soccer

## Coroner leaning towards natural death in Urso case

A coroner said signs pointed to "an apparent natural death" pending results from toxicology tests and other tissue after an autopsy was performed on Columbus Crew's Kirk Urso on Monday.

The 22-year-old Urso was pronounced dead early Sunday morning at Grant Medical Center after collapsing at a downtown Columbus bar and restaurant.

Franklin County Coroner Jan Gorniak said toxicology



Kirk Urso. GETTY IMAGES FILE

tests will not be finalized for four to six weeks.

"It's leaning toward an apparent natural death, but we don't know why," Gorniak said. THE ASSOCIATED PRESS

## Horoscopes

### Aries

March 21 - April 20

Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

### Taurus

April 21 - May 21

Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

### Gemini

May 22 - June 21

As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

### Cancer

June 22 - July 23

With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

### Leo

July 24 - Aug. 23

The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

### Virgo

Aug. 24 - Sept. 23

You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

### Libra

Sept. 24 - Oct. 23

Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

### Scorpio

Oct. 24 - Nov. 22

If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

### Sagittarius

Nov. 23 - Dec. 21

You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

### Capricorn

Dec. 22 - Jan. 20

Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

### Aquarius

Jan. 21 - Feb. 19

For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

### Pisces

Feb. 20 - March 20

In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

## Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG

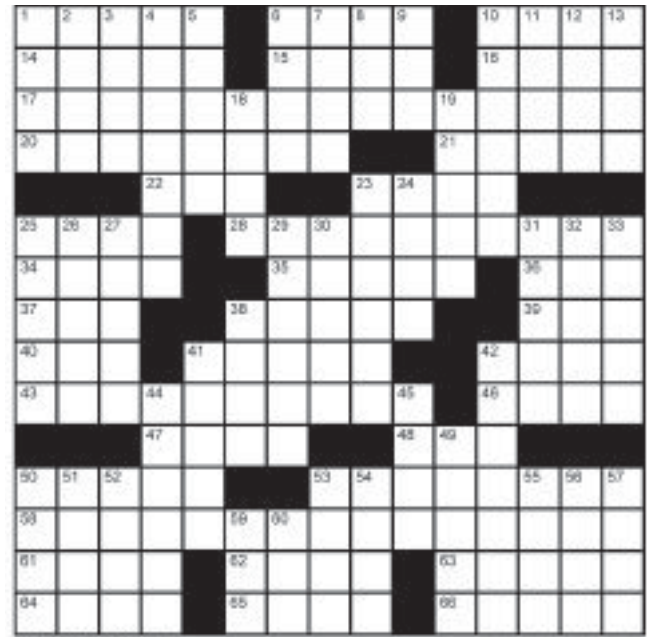
### Across

1. Action words
6. Alta. neighbor
10. Lost seaworthiness
14. Abraham's son
15. Lhasa \_\_\_\_ : small dog
16. Bassoon relative
17. Victoria's location (2 wds.)
20. Wrote (a book)
21. List items
22. Any of 43-Across: abbr.
23. "Mmm-hmm" (2 wds.)
25. \_\_\_\_ *La Douce*: 1963 Lemmon-Maclaine film
28. Calgary team
34. Anon
35. Show contempt for, as a contract (2 wds.)
36. Clean the kitchen floor
37. Solo of *Star Wars*
38. Continue without a break (2 wds.)
39. Oriental sash
40. Halloween mo.
41. Pursuits of good reporters
42. "I have \_\_\_\_ good authority" (2 wds.)
43. They form the Alberta-BC border (2 wds.)
46. Aerialist precautions
47. *For Your \_\_\_\_ Only*
48. Here: Fr.
50. Barracks boss, briefly
53. Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
61. Has \_\_\_\_ with: is connected (2 wds.)
62. Fast-moving sport jai \_\_\_\_
63. "\_\_\_\_ Joe's": diner

- invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

### Down

1. \_\_\_\_ *Las Vegas*: 1964 Elvis movie
2. Biblical Jacob's brother
3. Angry outburst
4. Winnipeg's Randy \_\_\_\_ : cofounder of 1970s rock band familiarly called BTO
5. "Get out of here!"
6. Computer menu selection
7. Copied
8. Letters that once designated Soviet republics
9. Goldfish cousin in backyard ponds
10. Flew alone, perhaps for the first time
11. "I've got \_\_\_\_ feeling about this!" (2 wds.)
12. "That's a \_\_\_\_!" (taboo)
13. Sneakers brand
18. Banquet coffeepots
19. At quite an incline
23. "I hate to \_\_\_\_ on you, but ...!" (ask a lot of)
24. Created a web or a tale
25. "\_\_\_\_ the Sheriff" (2 wds.)
26. Disliked insect
27. \_\_\_\_ Carlo: Monaco's



Copyright © 2012 Michael Wiesenbergs

- capital
29. Semis
30. "\_\_\_\_ a stinker?": Bugs Bunny line (2 wds.)
31. Overcast
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital

45. Comb. form for China, as in \_\_\_\_-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs

57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

### Friday's crossword



### What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	4	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

	1		5		6			4
3	4	9					5	7
			3	4	2	8	9	
			7	3	5	1	6	
2	5	6					1	3
								8
7			1		3			2

## Weather

TODAY

WEDNESDAY

THURSDAY



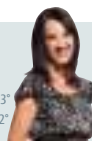
MAX: 25°  
MIN: 13°



MAX: 26°  
MIN: 13°



MAX: 23°  
MIN: 12°



JENNA KHAN  
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



# Search over 50,000 used cars, fast and free.



 **autocatch**.com



#### WINNIPEG

AirSource  
212 Henderson Hwy.  
(204) 989-2954

AirSource  
1200 McPhillips St.  
(204) 989-2927

AirSource  
671 Pembina Hwy.  
(204) 925-1260

AirSource  
2599 Pembina Hwy.  
at Bison Dr.  
(204) 261-1234

AirSource  
University Centre  
University of Manitoba  
(204) 987-3444

AirSource  
Portage Place  
(204) 946-0721

AirSource  
2609 Portage Ave. at Moray  
(204) 954-2939

AirSource  
1500 Regent Ave. W  
(204) 988-3080

AirSource  
St. Vital Centre Kiosk  
(204) 989-2939

AirSource  
St. Vital Centre  
(204) 989-2940

SI Wireless Communications  
1132 Portage Ave.  
(204) 231-1600

SI Wireless Communications  
661 Corydon Ave.  
(204) 231-1650

SI Wireless Communications  
Winnipeg Square  
(204) 944-8070

Teleco  
Kenaston Common  
(Kenaston at McGillivray)  
(204) 947-9570

Teleco  
948 St. James St.  
(204) 831-1234

#### SELKIRK

Nickel Communications  
3-344 Main St.  
(204) 482-9667

#### STEINBACH

Nickel Communications  
Unit H - 197 Main St.  
(204) 326-4988

#### WINKLER

Nickel Communications  
9 - 820 Triple E Blvd.  
(204) 325-4121

#### BRANDON

Teleco  
Unit B3 - 1128B 18th St.  
(204) 727-0100

#### NEEPAWA

Neepawa True Value  
268 Hamilton St.  
(204) 476-2333

#### STONEWALL

TMC Distribution  
325 Main St.  
(204) 467-2014

#### PORTAGE LA PRAIRIE

Reimer Antenna Service  
1000 Saskatchewan Ave. W  
(204) 857-9001

#### SWAN RIVER

Sears Swan River  
619 Main St.  
(204) 734-4541

#### DAUPHIN

North of 51 Designs &  
Computers  
12 2nd Ave. NW  
(204) 638-7148

#### THOMPSON

City Centre Mall  
(204) 677-3212

#### THE PAS

Sound Innovations  
317 Fischer Ave.  
(204) 623-7171

#### FLIN FLON

Sears Flin Flon  
35 Main St.  
(204) 687-7581



#### WINNIPEG

Kildonan Place  
(204) 667-8248

Garden City  
Shopping Centre  
(204) 339-8895

Polo Park  
(204) 774-2412

#### BRANDON

Brandon Shoppers Mall  
(204) 571-6976

Now available  
until Aug. 18

# iPhone 4 now \$0 Why wait any longer?



Apple iPhone

\$0<sup>1</sup> with 3-yr. **FLEXtab** agreement  
on select plans

\$549<sup>99</sup> month-to-month price

Visit your local Rogers store today and find out how you  
can get it on your terms with Rogers new **FLEXtab**.™

CONNECT EXCITING TALK SHARE RELIABLE ACCESS LIFE NETWORK CHAT  
TALK FRIENDS SURF FLEX NETWORK LIFE TEXT FIRST FAST  
CHAT ACCESS SURF FREEDOM EXCITING FRIENDS

Creating World-Leading  
Internet Experiences.



«WIRELESSWAVE»

booth

FUTURE SHOP



Offer available for a limited time while quantities last and subject to change without notice. <sup>1</sup> With new activation on any 3-yr. voice and data plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and Additional Device Savings Recovery Fee. TM and © 2012 Apple Inc. All rights reserved. <sup>TM</sup>Rogers & Mobius Design and FLEXtab are trademarks of or used under license from Rogers Communications Inc. or an affiliate. Other brand names & logos are trademarks of their respective owners. © 2012 Rogers Communications.